



Winnie Holland, Administrator

Clay Community Health Happenings

September 2013



904-529-2800

Drain & Cover!



Due to the heavy rainfall and isolated flooding throughout the state this summer, the Florida Department of Health (DOH) emphasized the importance of residents and visitors protecting themselves against mosquito-borne diseases. To prevent mosquitoes from living and multiplying around your home or business, individuals should remember to Drain and Cover.

DRAIN standing water:

- Drain water from garbage cans, buckets, pool covers, coolers, toys, flowerpots or any other containers where sprinkler or rainwater has collected.
- Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- Empty and clean birdbaths and pets' water bowls at least once or twice a week.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and keep them appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER your skin with:

- Clothing - If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants and long sleeves.

• Repellent - Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with 10-30 percent DEET, picaridin, oil of lemon eucalyptus and IR3535 are effective.

• Use mosquito netting to protect children younger than 2 months old.

COVER doors and windows with screens:

- Keep mosquitoes out of your house. Repair broken screening on windows, doors, porches and patios.



Symptoms of West Nile virus and other mosquito-borne illnesses may include headache, fever, fatigue, dizziness, and confusion. For information on mosquito-borne illnesses, visit our Environmental Health website http://www.doh.state.fl.us/Environment/medicine/arboviral/info_links_general.htm or call your local county health department.

Read [Healthy Florida Summer Series: Winning the Battle Against Mosquitoes This Summer- Five Simple Tips](#).

For local mosquito control questions please call the Clay County Mosquito Control Division at (904)284-6335 or 269-6335.



World Breastfeeding Week

WIC celebrated World Breastfeeding Month on August 23, 2013. Using this year's theme "Breastfeeding Support: Close to Mother's", WIC team were divided into three teams with a leader from each of their respective countries, China, Dominican Republic and Jamaica. The judges presented on America. Each team presented on breastfeeding culture, support programs available, laws and health organization missions in each country in relation to breastfeeding. Each team also brought a dish from their perspective country. Jamaica brought bean salad, Dominican Republic brought fruits, and China brought wontons. There were display boards, interactive games and an educational PowerPoint from each team during their presentations. China and Jamaica was almost a tie with the Dominican Republic following behind. However, Jamaica was the winning team. The staff really enjoyed learning about breastfeeding from the countries and hopefully the information will be passed to our clients. In 2014, dependent on the theme, WIC plans to incorporate a celebration with breastfeeding clients. This will provide support and encouragement to our clients especially when they see WIC staff involvement with breastfeeding promotion.

-OVER-



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This year, WIC also started a breastfeeding wall of fame to recognize clients that are exclusively breastfeeding and fall into certain categories. They are invited to have their picture up on the wall of fame.



Time for a Check-up!



It's August, mid-hurricane season, and now is the perfect time to give your emergency supply kit a check-up. You and your family rely on your emergency supply kit to have the critical items you need to stay healthy and safe during a disaster, so it is important to make sure all your supplies are still up to date. If you used some of your kit's supplies during Tropical Storm Andrea or other emergencies, this is great opportunity to replace them. Follow these helpful tips to ensure your emergency supply kit sustains you and your family throughout the remainder of hurricane season and beyond.

- Check items that require batteries, such as flashlights or medical equipment, to ensure they are fully charged.
- Check expiration dates of your kit's healthy food and snacks and replace if outdated.
- Ensure there is enough food and water in your kit for you, your family and your pets. Plan for at least one gallon of water per person per day for a minimum of three days.
- Arrange with your health care provider and pharmacist for emergency medication supplies, as appropriate.
- Determine if you or a family member(s) needs to register for a Special Needs Shelter at this time.
- Go over your Family Emergency Plan. Take time to practice your plan, including your evacuation locations and routes, and update if needed.

For more tips on how to stay prepared before, during and after hurricane season, please visit www.floridashealth.com or www.floridadisaster.org.

If you have not created a family emergency plan yet, it's not too late! Check out the Florida Department of Health's Florida Emergency Preparedness Guide, available in multiple languages and formats to all residents and visitors at www.floridashealth.com.

Florida Childbirth Education Program

Healthy Start will host training for childbirth education classes in the Green Cove Administration building beginning September 27th and continuing every Friday thereafter through November 8th. This is an opportunity for people that want to take the first step to becoming certified childbirth instructors. Program goals include acquainting future childbirth educators with strategies designed to introduce learners to the scope of childbirth education and the role of the childbirth educator, and providing individuals from a variety of backgrounds with a common knowledge base in pregnancy, childbirth, the newborn, the postpartum period, and parenting. Although class size is limited there are still some open slots. If you are interested, contact Susan Toffolon of the Florida Childbirth Education Program (FOCEP) at <http://www.cbetraining.com/contact-me.html>

